

Cora Coleman SUNRISE



2100 Bonnie Ln.
Las Vegas, NV 89156
(702) 455-7617

Center Hours of Operation:

Monday - Friday

7:15 a.m. - 5:00 p.m.

Pool Hours of Operation:

Monday - Friday

7:30 a.m. - 3:00 p.m.

(702) 455-2120

www.clarkcountynv.gov/parks

May - August 2015

EXERCISE & AGING by Sarah Kovatch M.F.A., Melinda Smith M.A., & Jeanne Segal, Ph.D, HelpGuide.org

As you grow older, an active lifestyle is more important than ever! Let's explore some common myths about exercise and aging:

- There's no point; I'm getting to get old anyway: Exercise and strength training helps you stay active longer.
- Exercise puts me at risk of falling down: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance.
- It's too late. I'm already too old to start exercising: You're never too anything to exercise! Start slow and build yourself up
- I'm disabled. I can't exercise sitting down: Individuals needing additional support can lift weights, stretch and do chair aerobics to increase range of motion, muscle tone and promote cardiovascular health!

CLASS REGISTRATION

Session 4, 5 & 6	4 Weeks
Mail-In Registration:	May 14, 2015
Online Registration:	May 16, 2015
Walk-In Registration:	May 18, 2015
Session 4:	June 1 - June 27
Session 5:	July 6 - August 1
Session 6:	August 3- August 29

Oh no, you've cancelled it!



Remember to register early! At some point, a decision must be made on whether or not to cancel a program due to lack of participation. Registering at the last minute may mean that the class has already been cancelled.

Many participants use the center, specifically because it is reserved for adult use. Adults age 55+ are given priority registration status, however, adults 21-54 may fill activity spots if they still exist within the week prior to the activity date.

SENIOR DIMENSIONS

If you have Senior Dimensions, your health insurance will cover the following:

- Annual Open Lane Swimming Pass
- Annual Fitness Room Pass and
- One monetary Health/Fitness Class per Session (may be an aquatics class **or** exercise based class in center)



You will see a heart next to each Senior Dimensions qualifying class in this brochure!

WHAT WE HAVE BEEN UP TO...

Field Trips, Special Events,
Guest Speakers & more...



FITNESS CENTER

♥ **HOURS OF OPERATION:**
MONDAY-FRIDAY
7:15 A.M.—5:00 P.M.

The Fitness Center comes complete with cardio-vascular equipment and weight resistance machines. To ensure a safe and productive work out, all new members must participate in a fifteen minute orientation prior to working out

MEMBERSHIP FEES:

<u>Seniors(55+)</u>	<u>Adults (21-54)</u>
\$3 per day	\$4 per day
\$15 per month	\$16 per month
\$105 per year	\$115 per year

BINGO

FIRST TUESDAY OF MONTH
1:00 P.M. FREE

May 5
June 2
July 7
August 4

COMPUTER CLASSES

BASIC COMPUTER
\$25

Monday & Wednesday
1:00 p.m. - 2:00 p.m.

INTERMEDIATE COMPUTER
\$25

Monday & Wednesday
2:00 p.m. - 3:00 p.m.

PRIVATE LESSONS
\$14/30 MINUTE LESSON
\$19/45 MINUTE LESSON
\$24/1 HOUR LESSON

This class provides one-on-one lessons using a variety of common programs (Microsoft Office, internet, email and more)

CRAFT CLUB

THIRD THURSDAY OF MONTH
10:00 A.M. - 12:00 P.M.
\$5 EACH CLASS

May 21
June 18
July 16
August 20

DANCE

♥ **LINE DANCE LEVEL I**
FREE

Wednesday
3:15 p.m. - 4:15 p.m.

♥ **LINE DANCE LEVEL II**
FREE

Tuesday & Thursday
10:45 a.m. - 11:45 a.m.

♥ **TAP DANCING LEVEL I**
FREE

Friday
2:00 p.m. - 3:00 p.m.

♥ **TAP DANCING LEVEL II**
FREE

Wednesday
2:00 p.m. - 3:00 p.m.

EXERCISE

♥ **CHAIR AEROBICS**
FREE

Monday & Friday
8:45 a.m. - 9:45 a.m.
10:00 a.m. - 11:00 a.m.
Tuesday
7:45 a.m. - 8:45 a.m.
Wednesday
10:00 a.m. - 11:00 a.m.

♥ **CHAIR YOGA**
\$25

Tuesday & Thursday
12:00 p.m. - 1:00 p.m.



COMMIT TO BE FIT
\$25

Tuesday & Thursday
9:00 a.m. - 10:00 a.m.

PERSONAL TRAINING
\$14/ONE 30 MINUTE SESSION
\$48/FOUR-30 MINUTE SESSIONS
See Front Desk for Details



TAI CHI
\$25

Monday & Wednesday
8:00 a.m. - 9:00 a.m.



YOGA
\$25

Tuesday & Thursday
1:00 p.m. - 2:00 p.m.



ZUMBA GOLD LEVEL I
\$18

Wednesday
11:15 a.m. - 12:15 p.m.



ZUMBA GOLD LEVEL II
\$25

Monday & Wednesday
12:45 p.m. - 1:45 p.m.

"I want to grow. I want to be better. You Grow. We all grow. We're made to grow. You either evolve or you disappear."

— Tupac Shakur, Deceased Rap Music Artist

Wow! This says it all; we all need to grow in our day-to-day activities and along with our own personal growth. That's what we try to help you with every day that you spend here at the Cora Coleman Center. Not only do you grow but, as many of you have witnessed, the amount of people that use the Cora Coleman Center is growing by leaps and bounds. With the growing senior population in our area we have been recently approved for an expansion of the Multipurpose Room. We hope to be able to accommodate the demand for both our special events and class participants. At the corner of Bonnie Lane and Lake Mead there is a senior development being built and with that will come more folks; you know what they say "if you build it, they will come". We are very excited and we are really looking forward to this next year and our efforts to build our activities to meet your needs. We want you to keep coming to Cora Coleman and continue to grow with us.

Kelly

FIELD TRIPS



LUNCH & YESCO TOUR

MAY 19

12:00 p.m. - 4:00 p.m.

\$2

Lottery Registration:

May 11

9:00 a.m.



ANTIQUES AT THE MARKET & LUNCH JUNE 23

9:30 a.m. - 2:00 p.m.

\$2

Lottery Registration:

June 16

9:00 a.m.



ACRYLIC TANK MANUFACTURING TOUR & LUNCH JULY 21

9:30 a.m. - 2:00 p.m.

\$2

Lottery Registration:

July 14

9:00 a.m.



MYSTERY TRIP AUGUST 25

9:00 a.m. - 2:00 p.m.

\$2

Lottery Registration:

August 18

9:00 a.m.



When you see the "Walking Shoes", this trip contains walking, ramps, elevators and/or stairs.

FIELD TRIP REGISTRATION

You may register yourself and *one* other person at each Lottery Registration. However, you may NOT be listed on more than one other person's ticket.

JEWELRY WORKSHOP

11:15 A.M.-2:15 P.M.

\$5 EACH WORKSHOP

May 29

June 26

July 24

August 28

MOVIES OF THE MONTH

LAST THURSDAY OF MONTH

1:00 P.M.

**CALL CENTER FOR
MOVIE TITLES**

May 28

June 25

July 30

August 27

Lee Canyon Camp Silver Pines September 16 -18

Activities such as hiking, outdoor cooking, drawing, bocce ball, pickle ball, Tai Chi, guest speakers, high & low challenge course, arts & crafts, line dancing, painting, card and board games. Including all meals, group cabins and transportation from a designated Center.

**See Front Desk
for Details!**



SOCIAL CLUBS

BOOK CLUB

2nd Tuesday

11:00 a.m.

CANASTA

Thursdays

10:00 a.m.

CRIBBAGE

new

Tuesdays

10:00 a.m.

EUCHRE

new

Mondays

10:00 a.m.

GRIEF & LOSS SUPPORT

By Appointment Only
See Front Desk for Details

PINOCHLE

Wednesdays

1:00 p.m.

POOL CHALLENGE

Monday-Friday

8:00 a.m.

SCRABBLE

Tuesdays

12:30 p.m.

SEWING CLUB

Tuesdays

10:00 a.m.

SHANGHAI RUMMY

new

Fridays

10:30 a.m.

TEXAS HOLD 'EM POKER

Fridays

1:00 p.m.



SPANISH

SPANISH CLUB FREE

Wednesdays
10:00 a.m.

The purchase of a Language book may be required for Spanish Club

BENEFITS OF PARKS & RECREATION

According to Rachel Morgan, of Livestrong.com, recreation and leisurely activities may benefit you in the following ways:

- Outdoor and exercise related activities may improve your physical wellness by lowering blood pressure
- Recreational activities may help you better manage stress, raise self esteem and reduce anxiety and depression
- Figure new activities of interest or discover new hobbies
- Keep your mind sharp and focused
- Meet and make new friends

**Sign up
today!**

This Sunrise Sounder is dedicated to Florence Froster, Jeannette Rogers and Dolores Ritzer for their kindness and devotion, and for their endless support. Their selflessness will always be remembered!



DISCOVER



CCPR Website



CCPR Mailing List



CCPR Facebook Page



CCPR YouTube Channel



SPECIAL EVENTS

ELECTRIC DAISY CHAIR AEROBICS

JUNE 19
10:00 a.m.
\$3

You must register in advance

RED, WHITE & BLUE BBQ JULY 14

11:30 a.m.
\$2

You must register in advance

WAKIN' BACON BREAKFAST AUGUST 3

9:00 a.m.
\$2

You must register in advance

CORA COLEMAN SENIOR CENTER OLYMPIC GAMES

**Please check the
Front Desk for
activity dates**

WORKSHOPS

GOLD PANNING & GEOCACHING

Presented by
Deanna Costen
MAY 14

10:00 a.m. - 11:30 a.m.

OUT YOUR DOOR

Presented by
Outside Las Vegas Foundation
JUNE 4

10:00 a.m. - 11:00 a.m.

HOME SAFETY

Presented by
Clark County Fire Department
JUNE 10

11:00 a.m. - 12:00 p.m.

SAVVY SAVERS II

Presented by
Chanel Howze
JUNE 30

10:00 a.m. - 11:30 a.m.

SODIUM & YOUR HEALTH

Presented by
Extraordinary Lifestyles
JULY 13

11:15 a.m. - 12:15 p.m.

GARDENING SMARTER AS WE AGE

Presented by
University of Nevada
Cooperative Extension
JULY 23

10:00 a.m. - 11:00 a.m.

**Please check the
Front Desk for any
additional speakers**

"Cora Coleman Senior Center" -Anonymous

There is a place we love to go
a place we hold so dear
and if ever you go thru the doors
the reason will be clear
the staff there is wonderful
they are absolutely the best
you won't find a better one
head and shoulders above the rest
there are many things to do
like maybe play a card game
or take Russ' exercise class
you will never be the same
or take a swim without the weather
they have an indoor pool
or take one of the many classes
yes, you can go to school
there's a nice game room that has
pool tables too
come and play a game
the players will welcome you
there is no cost to enter in
it's absolutely free to go
where the people care for you
and brother it will show
so if you're lonely and bored
or just have nothing to do
come check out this place
you'll find these things are true
so whether it's spring or fall
or either summer or winter
you will find the place to be
is Cora Coleman Senior Center

Clark County Board of Commissioners
STEVE SISOLAK, Chair • LARRY BROWN III, Vice-Chair
SUSAN BRAGER • TOM COLLINS • CHRIS GIUNCHIGLIANI
MARY BETH SCOW • LAWRENCE WEEKLY
DON BURNETTE, County Manager
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Clark County is an Equal Opportunity Employer